

Tips to keep food chilled (especially important in hot summer months): use an insulated lunch box and chill fruit in the fridge before packing. Try using a frozen ice block or gel-pack to keep food chilled or freeze a carton of juice the night before which can be used as a freezer pack.

The packed lunch menus are consistent with the nutrient requirements of children aged 5-11 years. Please note that, if you are preparing packed lunches for school, many schools now have food policies, and these may include specific guidelines on packed lunches.

Further ideas for healthier packed lunches and more detailed information on the ideas shown, together with lots more information on healthy eating, can be found on the British Nutrition Foundation website: www.nutrition.org.uk

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HEALTHIER PACKED LUNCHES

Tel: 020 7404 6504
Fax: 020 7404 6747
Email: postbox@nutrition.org.uk
Web: www.nutrition.org.uk



BRITISH Nutrition FOUNDATION

Ideas for healthier packed lunches

for all occasions for children (5-11 years)



British Nutrition Foundation High Holborn House 52-54 High Holborn London WC1V 6RQ

The purpose of this leaflet is to provide practical ideas for healthier packed lunches for children that can be used for all occasions (including picnics, holidays and family days out).

Lunch is an important meal for everyone, but particularly children and this leaflet aims to give you ideas and inspiration to create healthier lunches that children will enjoy.







Healthier lunchbox tips

The key to a healthy packed lunch is getting the right balance and choosing a wide variety of foods, which will help provide all the nutrients children need to grow and be healthy.

Here are some tips to help you get started:

- Try different breads or other starchy foods for variety e.g. pitta pocket, tortilla wrap, crispbread, pasta or rice salad;
- Use spread sparingly and go for reduced fat spread or reduced calorie mayonnaise;
- Include brightly coloured fruit and vegetables, e.g. cherry tomatoes, sticks of pepper, carrot or cucumber, satsuma, grapes or fruit salad;
- Add salad to sandwiches and chopped vegetables to salads;
- Try a variety of different drinks e.g. carton of unsweetened fruit juice, bottle of water, carton of semi-skimmed milk, yogurt or milk drink;
- Having a healthy lunch does not mean giving up all the foods children enjoy. Foods such as a slice of malt loaf or banana bread, a fruit scone, a small packet of crisps or a chocolate biscuit can be included from time to time for variety and appeal.

A healthy packed lunch should include:

- A good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad;
- A portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins;
- A portion of semi-skimmed milk or other dairy food, e.g. reduced fat cheese, yogurt or fromage frais;
- A drink e.g. fruit juice, semi-skimmed milk, yogurt drink or a bottle of water.

This checklist is adapted from the Department of Health's Food in Schools Toolkit.

